Voluntown Youth Service Bureau

is sponsoring the

3rd Annual Super 5K Run/Walk/Stroller Race Saturday ~ May 14, 2016 ~ 9:00AM Pachaug State Forest

Course: 3.1 miles in Pachaug State Forest

There will be two water stations along the course.

Parking: State Forest ball fields

Directions: Take Route 138 East.

Take a left onto Route 49 North (approx. 1/2 mile from VES)

Follow Route 49 North for approx. 1/2 mile and take a left into Pachaug State Forest Follow the forest road for approximately 3/4 mile and bear left at Pachaug State

Forest sign and go over small bridge. The ball field will be on your left.

Entries: Registration Fee $\sim $10 (ages 0 - 18) / $25 (ages 19 +)$ Registrations will be

accepted through race day.

T-shirts: FREE if you register by Wednesday, April 25, 2016. You will receive your

t-shirt at "Packet Pick-Up". Any registrations after April 25, 2016 will not

receive a t-shirt.

To Enter: Fill out attached Registration Form

Make checks payable to: *Town of Voluntown*Drop off or mail registration form and payment to:

Super 5K

Voluntown Elementary School

P.O. Box 129

Voluntown, CT 06384

Packet Pick-Up: Friday, May 13th ~ 3:30-5:30PM (Voluntown Elementary School)

Saturday, May 14th ~ 8:00-9:00AM (Ball Field in Pachaug Forest)

If you have any questions, please contact:

Melinda Bryan (860) 694-8733/mbryan@voluntownct.org Brian Racicot 860-376-2325/bracicot@voluntownct.org

Voluntown PTO will be providing assorted refreshments and snacks for racers!

Come join us for a healthy, fun-filled family day in Pachaug Forest and help support the Voluntown Youth Service Bureau!